



CATAWBA COUNTY

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Department of Social Services

PRESS RELEASE/PSA

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FOR IMMEDIATE RELEASE

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Senior's Morning Out Hosts a Trip Back to the Good Ole Days

The Senior's Morning Out Program invites all Catawba County seniors, ages 60 and older, to Country Days in Catawba County, a trip back to the good ole days. This event will take place from 9am until noon on September 21st at Trinity Reformed United Church of Christ located at 217 2nd Avenue in Conover.

There is no charge to attend, but donations are welcome. Country Days will feature blue grass music, a southern gospel band, clogging, classic cars, antique tractors, wagon rides, and games. A free lunch will be provided to all seniors who register by September 14th.

Senior's Morning Out is a program that provides nutritious meals and a social outlet for Catawba County's seniors. More than 150 senior adults attend the program. Transportation is provided to any of the five locations throughout Catawba County for those in need. Lunch is served daily around 11:00 a.m. and donations are accepted for the meal. Senior adults can join Seniors' Morning Out for one day, a few days or every day of the week. "Seniors' Morning Out is more than a nutrition program," said program Supervisor, Jan Shaffer. "It is wonderful way to provide fellowship, companionship, fun activities, programs on health and wellness, and weekly shopping opportunities, as well as a nutritious meal. We believe our participants feel less isolated, especially following the loss of a spouse or if living alone."

This is an event you will not want to miss, so mark your calendar and plan to attend! Catawba County seniors, ages 60 and older can register for the event by calling 828-695-5610 by September 14th.

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